

Rescue Bag Relay Race

TOPIC/SUBJECT: Water Rescue Skills

TARGET AUDIENCE/AGE LEVEL: 4th - 9th Grades

TIME: 10-20 minutes

THEME: If you use a rescue bag properly it can help you save someone's life.

GOAL/PURPOSE: At the conclusion of the race, the participants will know how to safely rescue a drowning person from a shoreline, a dock, or a boat.

OBJECTIVE(S):

- A. Participants will be aware of safe rescue procedures that can be used from a boat, dock, or a shoreline.
- B. Participants will know they should never enter the water to rescue a drowning person unless they are a certified lifeguard.

DESCRIPTION:

- A. Locate a relatively flat area that would be good for the race.
- B. Lay out a start/finish line (could use rope or throw bags) for the participants to stand at, and lay four throw bags along the rope.
- C. Remind participants that drowning is the second leading cause of accidental death for people in the United States from 0-44 years of age, and that most drowning victims knew how to swim. Inform them that a significant number of people drown within ten feet of safety.
- D. Ask them how they would rescue somebody in trouble in the water. Discuss methods of reaching or extending something out to the victim that they could grab and be pulled in to safety (water ski, tree branch, towel, fishing rod, etc.). Next you should discuss throwing something out to the victim that they could hold onto for support/flotation (throw/rescue bag, life jacket or throwable Type IV personal floatation device, etc.). The third step would be to row or take a boat out to rescue the victim. Emphasize that they should never enter the water to try to rescue a drowning person, unless they are a certified lifeguard or trained in water rescue techniques.
- E. Divide the group into four teams, and have each group stand by a throw bag.
- F. Tell the students what exactly a throw bag is, and the proper methods of throwing and stuffing the bags. Demonstrate how to coil the line when using it (and not the bag) to execute a rescue. Make sure to tell them to hold onto the line when throwing the bag and not to throw the whole thing to the victim - since the purpose of the bag is to extend/throw it to the victim and pull them to safety.
- G. Have one team member (portraying a person that is drowning) from each team stand about 25-30 feet in front of their team. When told to start the first person in line should try and throw the bag within arms reach of the student in front of them, pull them to safety, stuff the rope back in the bag using the **proper method**, and then pass it to the next person on their team. The relay should continue until all team members have had a chance to participate. The team members may assist each other in stuffing the rope back in the bag.

SUGGESTED MATERIALS & EQUIPMENT: Rope/line for the starting line and 4 throw/rescue bags.